



USSA Cross Country Coaches' Symposium

October 21-23, 2011

USSA Center of Excellence

Park City, UT

Key Presenters

Dr. Carol S. Dweck

Mindset: Helping Athletes Reach Their Potential

Carol S. Dweck, Ph.D., is one of the world's leading researchers in the field of motivation and is the Lewis and Virginia Eaton Professor of Psychology at Stanford University. Her research has focused on why people succeed and how to foster success. She is particularly known for her work on how self-theories (or mindsets) affect learning. She has held professorships at Columbia and Harvard Universities, has lectured all over the world, and has been elected to the American Academy of Arts and Sciences. Her scholarly book *Self-Theories: Their Role in Motivation, Personality, and Development* was named Book of the Year by the World Education Federation. Her work has been featured in such publications as *The New Yorker*, *Time*, *The New York Times*, *The Washington Post*, and *The Boston Globe*. She has appeared on *Today*, *20/20*, *Good Morning America*, *the BBC*, and *NPR*. Her recent book, *Mindset*, has been widely acclaimed and has been translated into 18 languages.

Jon Arne Schjetne

From Kid to Olympic Champion

Jon Arne was a coach for the Norwegian National Team from 2003 to 2011, working as a Junior Development coach (2003-06), Assistant Women's Coach (2006-09) and Women's Sprint Coach (2009-11). He has a master's degree in Sport Science from the University of Trondheim. Jon Arne has worked with many successful Norwegian athletes including Petter Northug Jr, Martin Johnsrud Sundby, Simen Østensen, Maiken C. Falla, Astrid Jacobsen, Ingvild F. Østberg, and Celine Brun-Lie.

Dr. Oyvind Sandbaak

Solving the Puzzle of Optimal Training for XC Ski Racing

Dr. Sandbaak is currently working on his post-doctorate at the Norwegian University of Science and Technology, Department of Human Movement Science with a special focus on XC ski research. He is responsible for research and development of the Olympic Committee in mid-Norway. Dr. Sandbaak has a PhD in Human Movement Science with a BSc and a MSc in Sport Science and a BSc in Psychology. He is also president of the Norwegian Ski Federation's Association of XC Ski Coaches. He lives in Trondheim, Norway.



U.S. Ski and Snowboard Association
The National Governing Body for Olympic Skiing and Snowboarding

